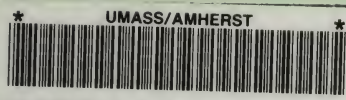


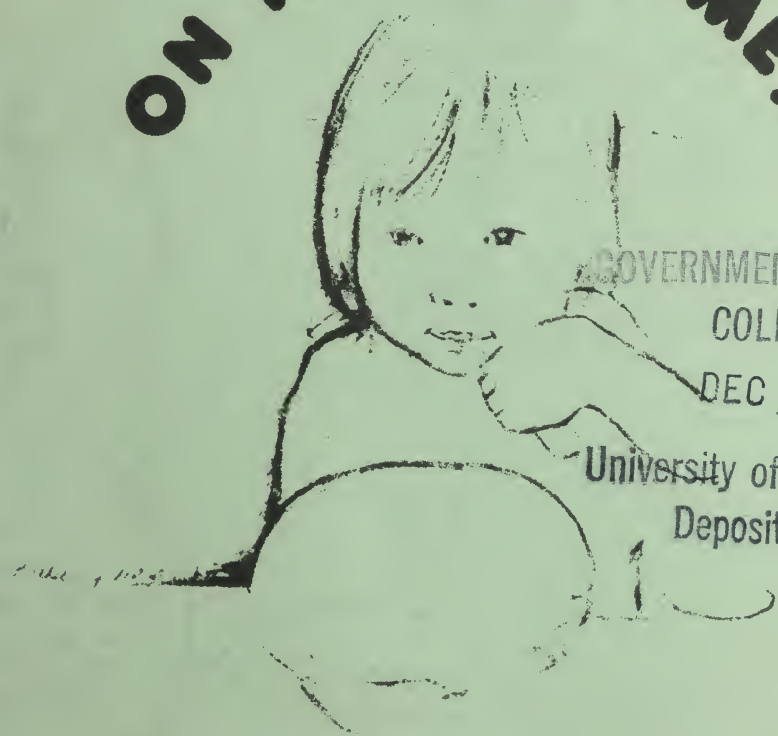
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**ON FEEDING TIME...**



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**FOR THE PICKY EATER**

**So your child is a picky eater...  
this is common with toddlers.**

Your child will have a smaller appetite because growth slows down after one year.

Showing independence is an important part of your toddler's development.

Choosing and refusing food is a way of expressing independence. This is a time of rapid change and discovery. It may be more fun to smash a banana than eat it.

Because your child rejects a food once, it does not mean he or she always will. Wait a bit and try the food again next week.

Children sometimes eat one food for days at a time. Be patient and continue to offer a variety of nutritious foods.

Let your child eat the amount he or she wants. "Cleaning the plate" is not always necessary.

Eating is messy but fun. Learning to eat takes practice. Let your child try.

You can set a good example by eating nutritious foods (see last page for ideas).

Avoid junk foods and filling up on liquids. They can ruin your child's appetite.

Children should occasionally be allowed to select their own food. For example, offer a choice of an apple or an orange.

Serve small portions. Your child can always ask for more.

Give your child time to enjoy the meal. If she or he dawdles or loses interest, remove the food after  $\frac{1}{2}$  hour.

Eating is for growth and nourishment. Try not to use food for reward or punishment.

## NUTRITIOUS SNACKS

- Raw carrots - cheese - fruit - peanut butter on crackers - hard boiled eggs - whole wheat bread - unsweetened dry cereals - real fruit juice - milk
- English Muffin Pizza - spread tomato paste or sauce on English muffin, top with cheese and broil until melted.
- Frozen Banana - Peel and wrap in plastic. Place in your freezer.
- Yogurt Sundae - start with a small bowl of plain yogurt and let your child choose from a variety of toppings: orange juice, raisins, cut up fruit, dry unsweetened cereal.
- Fruit Shake - combine 1 cup real fruit juice, 1/2 banana, apple or pear - Blend until frothy.



## MASSACHUSETTS WIC PROGRAM

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